Historic, Archive Document

Do not assume content reflects current
scientific knowledge, policies, or practices.

aHV696
.F6B7
Copy 2

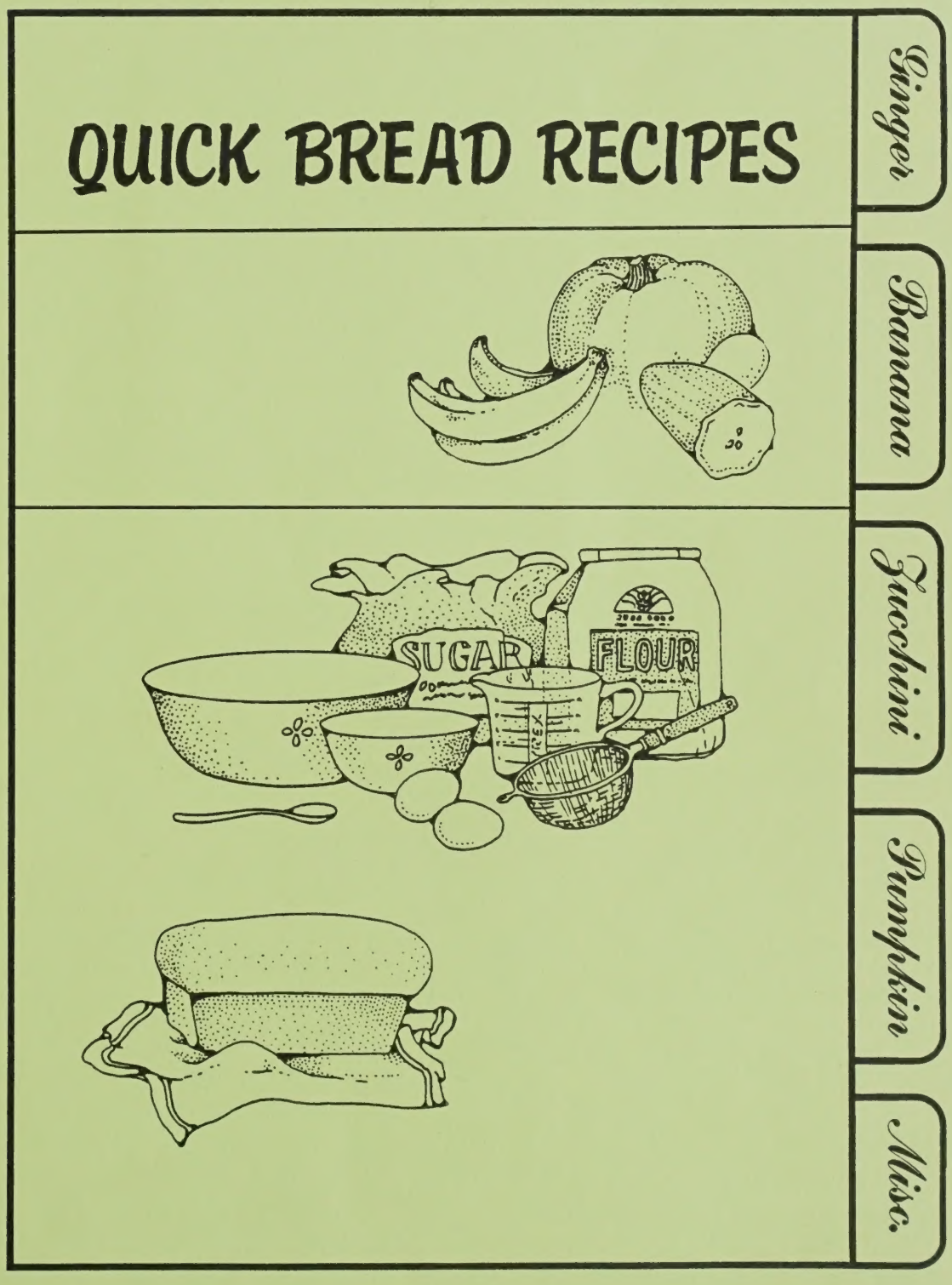
United States
Department of
Agriculture

Creditable Quick Bread Recipes for the Child Care Food Program

Mid-Atlantic
Region

Special Nutrition
Programs

Child Care Food
Program



AD-33 Bookplate
(1-48)

NATIONAL

AGRICULTURAL

LIBRARY

aHV696
.F6B7
Copy 2

CREDITABLE QUICK BREAD RECIPES

CHILD CARE FOOD PROGRAM

U.S. DEPT. OF AGRICULTURE
NATIONAL AGRICULTURAL LIBRARY
SEP 19 1990
CATALOGING PREP

Mid-Atlantic Region
Food and Nutrition Service, USDA
Child Care Food Program Unit
Special Nutrition Programs
February 1988

All meals served to children under the Child Care Food Program are served at no separate charge regardless of race, color, sex, age, handicap or national origin. There is no discrimination in admissions policy, meal service or the use of facilities. Any complaints of discrimination should be submitted in writing to the Secretary of Agriculture, Washington, D.C. 20250.

Acknowledgements

This publication was prepared by Bernard Brachfeld, Ph.D., and Lucy Mao, R.D.

The Zucchini Bread and Pumpkin Bread Recipes were adapted and modified from recipes that were originally developed by Lois Landvoigt and Peggy Crebs, Howard County Department of Social Services, Howard County, Maryland and were provided to us by H. Susie Coddington, Ph.D., CCFP Coordinator for the Maryland Department of Education.

The recipes utilizing "biscuit mix" were taken from Making Food Dollars Count, Nutritious Meals at Low Cost, Human Nutrition Information Service, USDA, Home and Garden Bulletin Number 240.

These quick bread recipes were tested with the assistance of the following volunteer bakers from the MARO staff family: Isabel Berchtold, Bernard Brachfeld, Shirley Brown, Cynthia Bumber, Linda Feldman, Grant Hicks, Margarita Maisterrena, Barbara Martin, Jospeh Mulcahy, Fran Potkay, Joyce Rouba, Lawrence Shulan, and Marian Wig.

The recipes were evaluated by the MARO staff family, and the children of the MARO staff family.

This publication was typed by Patrice Thomas. The cover for this publication was designed by Marian Wig.

INTRODUCTION

This publication includes several creditable quick bread recipes: Banana Bread, Ginger Bread, Zucchini or Carrot or Lemon Bread, and two versions of Pumpkin or Applesauce or Strawberry or Sweet Potato Bread. The second version of the Pumpkin Bread recipes is for those who prefer to use "biscuit mix." The biscuit mix can also be used for pancakes, biscuits and muffins (recipes also included).

These quick bread recipes have been modified to comply with the CCFP standards as creditable bread alternates to respond to many of your requests and inquiries. They are different from many other recipes because the enriched flour is the primary ingredient by weight. You must use enriched all-purpose or whole-grain flour, or a combination of the two.

To make these recipes easy to use, do not sift flour to measure. To measure flour, biscuit mix or granulated sugar, dip a measuring cup or spoon into the ingredient, fill and level with a straight-edged spatula or knife. Please do not use self-rising flour in any of these recipes.

Each slice of these breads equals "1 serving of bread." For the "1/2 slice" requirement for children under six years of age, we serve one-half of a bread slice per serving.

One of the goals of the Child Care Food Program is to improve children's health and nutrition while promoting their development of good eating habits. Therefore, because these quick breads have a sugar content which is much higher than most ordinary bread and bread alternates, they may not be served more than twice a week and they must be used only for the supplemental meal.

To ensure your menus meet CCFP requirements and to avoid the possibility of an overclaim, we suggest that you do not use any other quick bread recipes unless they have been evaluated by USDA.

GINGER BREAD

Ingredients	32 Servings (1/2 slice)	For___Servings	Directions
Flour, all-purpose, enriched	2 1/4 cups		1. Heat oven to 350°.
Sugar, granulated	1/3 cup		2. Grease & flour 9x5x3-loaf pan.
Molasses, dark	3/4 cup		
Water, hot	1/2 cup		3. Measure all ingredients into a large mixer bowl.
Shortening	3/4 cup		
Eggs	2		
Baking Soda	1 tsp		4. Blend 1/2 minute on low speed, scraping bowl constantly.
Ginger, ground	1 tsp		
Cinnamon, ground	1 tsp		
Salt	3/4 tsp		5. Beat 3 minutes medium speed, scraping bowl occasionally.
			6. Pour into pan.
			7. Bake 50-60 minutes or until wood pick inserted in center comes out clean.
			8. Remove from pan; cool thoroughly before slicing.
			9. Makes 16 (1/2-inch) slices for 32 half-slice servings.

SERVING: 1/2 slice provides the equivalent of 1/2 slice of bread

BANANA BREAD

Ingredients	32 Servings (1/2 slice)	For____Servings	Directions
Flour, all-purpose, enriched	2 1/2 cups		1. Heat oven to 350°
Sugar, granulated	1/2 cup		2. Grease and flour 9x5x3-inch loaf pan.
Sugar, brown	1/2 cup		
Baking Powder	3 1/2 tsp		
Salt	1 tsp		3. Measure all ingredients into a large mixer bowl.
Vegetable Oil	3 Tbsp		
Eggs	2		
Milk	3/4 cup		
Banana, ripe, mashed	1 cup (2-3 bananas)		4. Blend 1/2 minute on low speed scraping side and bottom of bowl constantly.
Vanilla extract	1 tsp		
			5. Beat 3 minutes at medium speed, scraping bowl occasionally.
			6. Pour into pan.
			7. Bake 55 to 65 minutes or until wooden pick inserted in center comes out clean.
			8. Remove from pan;cool thoroughly before slicing.
			9. Makes 16 (1/2-inch) slices for 32 half-slice servings.

Serving: 1/2 slice provides the equivalent of 1/2 slice of bread

ZUCCHINI BREAD

Ingredients	32 Servings (1/2 Slice)	For____Servings	Directions
			1. Heat oven to 350°
Flour, all purpose, enriched	2 cups		2. Thoroughly combine dry ingredients.
Sugar, granulated	1 cup		
Cinnamon, ground	2 tsp		
Baking powder	1 Tbsp		3. Blend liquids together, mix well.
Salt	1/4 tsp		
Milk, nonfat dry, instant	3 tsp		4. Add liquids to dry ingredients. Stir well. Mixture will be stiff.
Eggs	2		
Vegetable Oil	1/2 cup		
Vanilla	2 tsp		
Zucchini, grated (not packed)	1 1/2 cup		5. Stir in zucchini. Spoon into greased and floured 9x5x3-inch loaf pan. Bake at 350 degrees 50-60 minutes or until wooden pick inserted in center comes out clean.
			6. Let cool 10 minutes. Turn out of pan onto wire racks to cool before slicing.
			7. Makes 16 (1/2 inch) slices for 32 half-slice servings.

SERVING: 1/2 slice provides the equivalent of 1/2 slice of bread

Lemon Variation: Replace the cinnamon with a tsp grated lemon rind.
Carrot Variation: Replace the zucchinni with 2 cups grated carrot (not packed).

PUMPKIN BREAD

Ingredients	32 Servings (1/2 Slice)	For___Servings	Directions
Flour, enriched, all purpose	2 1/4 cups		1. Heat oven to 350°.
Baking Powder	1 Tbsp		2. Thoroughly combine dry ingredients.
Salt	1/4 tsp		
Nutmeg, ground	1 tsp		
Sugar, granulated	1 cup		3. Mix liquids and pumpkin together, and blend completely.
Milk, nonfat dry, instant	3 Tbsp		
*Pumpkin, canned	1 cup		
Eggs	4		4. Add liquid mixture to dry ingredients. Stir well. Mixture will be stiff.
Vegetable Oil	1/2 cup		
Raisins	1 cup		
			5. Add raisins, mix.
			6. Spoon into greased 9x5x3-inch loaf pan.
			7. Bake at 350 degrees for 40-50 minutes or until wooden pick inserted in center comes out clean.
			8. Let cool 10 minutes in pan. Turn out onto wire rack to cool before slicing.
			9. Makes 16 (1/2 inch) slices for 32 half-slice servings.

SERVING: 1/2 slice provides the equivalent of 1/2 slice of bread.

VARIATIONS: Instead of pumpkin use cooked sweet potato, thick applesauce or pureed strawberries.

*Do not use Pumpkin Pie filling.

PUMPKIN BREAD (using biscuit Mix)

Ingredients	32 Servings (1/2 slice)	For____Servings	Directions
Vegetable oil	1/3 cup		1. Heat oven to 350°.
*Pumpkin, canned	1 cup		
Eggs	3		2. Grease 9x5x3-inch loaf pan.
Biscuit mix (see recipe)	2 1/3 cups		3. Stir all ingredients except raisins in bowl with fork until moistened; beat vigorously 1 minute. If too dry, add 1-2 Tbsp water.
Flour, enriched all purpose	2 Tbsp		
Sugar, granulated	3/4 cup		
Cinnamon, ground	2 tsp		
Raisins	1/2 cup		
			4. Stir in raisins.
			5. Bake 45 to 55 minutes or until wooden pick inserted in center comes out clean.
			6. Cool thoroughly before slicing.
			7. Make 16 (1/2 inch) slices for 32 half-slice services

SERVING: 1/2 slice provides the equivalent of 1/2 slice of bread.

*Do not use pumpkin pie filling.

BISCUIT MIX

Ingredients	13 2/3 cups MIX	For____Servings	Directions
Flour, all purpose enriched or whole grain	10 cups		1. Mix dry ingredients thoroughly in a large container (6 to 8 qt.)
Instant nonfat dry milk	1 2/3 cups		2. Cut in shortening with pastry blender or mixer until fine crumbs are obtained & shortening is evenly dispersed.
Baking powder	1/3 cup		
Salt	2 tsp		
Shortening	1 2/3 cups		3. Store, tightly covered, in refrigerator. Use within 3 months.
			4. Use also for pancakes, biscuits, muffins.

BISCUITS (using biscuit mix)

Ingredients	36 Servings (1/2 biscuit)	Directions
Biscuit mix (see recipe) Water	3 cups 2/3 cup	1. Preheat oven to 425° F (hot). 2. Stir most of the water together with the mix. Add more water as needed to make a dough that is soft but not too sticky to knead. 3. Knead dough 15 minutes on a lightly floured surface. 4. Pat or roll dough into a square about 8x8 inches; cut into 18 pieces and place on ungreased baking sheet. 5. Bake until lightly browned, about 12 minutes. 6. Make 18 biscuits, 36 half-biscuit servings.

SERVING: 1/2 biscuit provides the equivalent of 1/2 slice of bread

PANCAKES (using biscuit mix)

Ingredients	24 Servings	Directions
Biscuit mix (see recipe) Sugar, granulated Egg, slightly beaten Water	2 cups 1 Tbsp 1 1 cup	1. Stir mix and sugar together. 2. Mix egg and water thoroughly. Add to mix and sugar. Stir until dry ingredients are barely moistened. Batter will be lumpy. 3. For each pancake, pour batter onto hot griddle or frypan, using about 1 1/2 tablespoons batter. Cook until top is bubbly and edges begin to dry. 4. Turn and brown other side. 5. Make 24 pancakes for 24 servings.

SERVING: 1 pancake provides the equivalent of 1/2 slice of bread.

MUFFINS (using biscuit mix)

Ingredients	34 Servings (1/2 muffin)	Directions
Biscuit mix (see recipe)	2-3/4 cups	1. Preheat oven to 400°F (hot).
Sugar, granulated	1/4 cup	
Egg	1	2. Lightly grease muffin tins.
Water	1 cup	
		3. Stir mix and sugar together.
		4. Mix water and egg thoroughly; add to mix and sugar. Stir until dry ingredients are barely moistened. Batter will be lumpy.
		5. Fill muffin tins 1/2 full.
		6. Bake until lightly browned, about 20 minutes.
		7. Make 17 muffins for 34 half-slice muffin servings.

SERVING: 1/2 muffin provides the equivalent of 1/2 slice of bread.

NATIONAL AGRICULTURAL LIBRARY
1022275534

NATIONAL AGRICULTURAL LIBRARY
1022275534